

Global School-based Student Health Survey

Zambia

2004 Fact Sheet



The **2004 Zambia GSHS** measured alcohol and other drug use; sexual behaviors that contribute to HIV infection, other STI, and unintended pregnancy; unintentional injuries and violence; hygiene; dietary behaviors and overweight; physical activity; mental health; and protective factors.

The 2004 Zambia GSHS was a school-based survey of students in grades 6, 7, 8, 9, and 10. A two-stage cluster sample design was used to produce data representative of all students in grades 6, 7, 8, 9, and 10 in Zambia. At the first stage, schools were selected with probability proportional to enrollment size. At the second stage, classes were randomly selected and all students in selected classes were eligible to participate. The school response rate was 94%, the student response rate was 75%, and the overall response rate was 70%. A total of 2,257 students participated in the Zambia GSHS. Students self-reported their responses to each question on a computer scannable answer sheet. For comparison purposes, only students aged 13-15 years are included in the analyses for this fact sheet.

Results for students aged 13-15 years	Total	Boys	Girls
Alcohol and Other Drug Use			
Percentage of students who had at least one drink containing alcohol on one or more days during the past 30 days	42.3 ± 5.1	38.7 ± 7.3	45.1 ± 4.8
Percentage of students who drank so much alcohol that they were really drunk one or more times during their life	42.8 ± 4.4	38.6 ± 5.1	46.5 ± 5.9
Percentage of students who had a hang-over, felt sick, got into trouble with their family or friends, missed school, or got into fights, as a result of drinking alcohol one or more times during their life	47.3 ± 3.2	44.1 ± 5.7	50.2 ± 5.1
Percentage of students who used drugs one or more times during their life	38.1 ± 4.9	36.7 ± 5.7	39.3 ± 6.2
Sexual Behaviors That Contribute to HIV Infection, Other STI, and Unintended Pregnancy			
Percentage of students who have ever had sexual intercourse	38.0 ± 7.2	45.2 ± 6.6	29.1 ± 10.5
Percentage of students who have had sexual intercourse with two or more people during their life	25.2 ± 4.6	26.0 ± 5.9	23.3 ± 8.0
Unintentional Injuries and Violence			
Percentage of students who were in a physical fight one or more times during the past 12 months	53.0 ± 4.1	50.3 ± 5.4	55.9 ± 5.1
Percentage of students who were seriously injured one or more times during the past 12 months	71.5 ± 5.9	70.2 ± 7.7	73.2 ± 7.5
Percentage of students who were bullied on one or more days during the past 30 days	65.1 ± 3.7	62.5 ± 5.6	67.1 ± 4.9
Hygiene			
Percentage of students who never or rarely washed their hands before eating during the past 30 days	12.4 ± 2.7	15.2 ± 3.7	10.1 ± 2.7
Percentage of students who never or rarely washed their hands after using the toilet or latrine during the past 30 days	15.7 ± 2.6	16.8 ± 3.7	14.4 ± 3.0

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Results for students aged 13-15 years	Total	Boys	Girls
Dietary Behaviors and Overweight			
Percentage of students who went hungry most of the time or always during the past 30 days because there was not enough food in their home	29.5 ± 2.4	27.3 ± 3.2	31.1 ± 4.5
Physical Activity			
Percentage of students who were physically active for a total of at least 60 minutes per day on all 7 days during the past 7 days	9.8 ± 2.9	9.7 ± 3.5	10.2 ± 3.4
Percentage of students who spent three or more hours per day during a typical or usual day sitting and watching television, playing computer games, talking with friends, or doing other sitting activities	32.6 ± 3.3	33.1 ± 4.8	32.7 ± 3.7
Mental Health			
Percentage of students who felt lonely most of the time or always during the past 12 months	23.9 ± 3.0	21.6 ± 4.6	26.4 ± 4.6
Percentage of students who seriously considered attempting suicide during the past 12 months	31.1 ± 4.2	31.0 ± 5.4	30.8 ± 4.7
Percentage of students who have no close friends	14.7 ± 2.4	14.9 ± 3.4	14.9 ± 3.9
Protective Factors			
Percentage of students who missed classes or school without permission on one or more days during the past 30 days	58.7 ± 4.7	59.3 ± 5.0	58.1 ± 6.8
Percentage of students who reported that most of the students in their school were never or rarely kind and helpful during the past 30 days	40.5 ± 4.9	45.1 ± 5.5	36.8 ± 5.6
Percentage of students whose parents or guardians never or rarely really knew what they were doing with their free time during the past 30 days	35.2 ± 5.5	35.0 ± 6.0	37.1 ± 7.2

For additional information, please contact:

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